UNWIELDY IN HANDS OF A WOMAN: WIVES OF SOLDIERS AND DEMOCRAC

NOT MAKE FOR DEMOCRACY

of the Denial of Passports to Wives nerican Officers in France We Can Discuss Conditions Here

or cross if the urgent neces-pressure abroad is vouched no recognized roller agency. some recognized rollef agency.

In wives who have wanted to

do not qualify in this way,

from the practical reasons that

the of this ruling such as not

Burops up with persons who

ther food, there's a psychologi-

BUT to return to France. I asked a young woman who married a United States army officer on the eve of his sailing what she, as a wife, thought of the State Department's ruling.

When officers, for instance, have be wives established in more or less sailous quarters near them and are a to go home to these quarters at the least I feel I can do for them is not to hinder. I feel that my husband can apply himself better

al standing does not make the is over."

htest bit of direcence to these I rather thought this young wife of good mixers. And after they have soldiers themselves were doing.

In Wintertime

Oh, wintertime is extra nice— We run and slide upon the ice, But coasting is the best of all. We put him first, in case we

seen each other their husbands are

t it does not make for a general as for content among the men who as affect to do this.

my husband can apply himself better to his work with me on this side of the water. He knows at least that I am safe. Then, too, he knows defi-ERE is another side to this anti- nitely that he cannot see me, so he cracy problem, too. In the might as well apply himself unrestra of the privates are many men servedly to his work. He is never tempted to steal a few hours to spend them with me. The biggest drain I am on those who do not even apon on his time is taken out in the min-car in the telephone book. Now an utes he spends each day to write me a on in the world. This difference in this late at night after all his work

But let women enter in. It is a summed the situation up very thord but true story that women are oughly. It was hard, she conceded, to ratic. The wite in the social be so matter-of-fact about something er and the wife who is not even so near and dear to her heart. But it

3. A man does not have any share in the

A Way to Raise Money

THE WOMAN'S EXCHANGE

From a Boarding-House Keeper

guests for contributions. This if the

-Burges Johnson

less apt to slap each other on the back

ANSWERS TO YESTERDAY'S INQUIRIES

nes, rice and fruits, such as raisete., are foods rich in earboThey furnish heat and work
he body.

The furnish heat and work
he body.

Editor of Womon's Page:

Madam—I agree with Puzzled Wife.
letter appeared on the Woman's Page
sk, that men are not anxious to save
I do not have the job of trying to
bushand eat wheatless and meatless
but I am h, the position of having

To the Editor of Women's Page:

Dear Madam—You have helped me so many times that once again I come for help.
A large society gives a hall annually. Last notice to rate money a woman hought several profess of rate money a woman hought several profess of rate money a woman hought several strength and then made several hundred small day and then made several hundred small two gives went around and unned a how on each sentiemen's cost. The two lives went around and some deal sentiemen's cost. The two lives will also money they wanted to give. At the evening we found that the bows did bring in some profit. This year another woman wants to spend about \$1 for something on this order. What can you suggest that would bring in profit? The society has been stranged about three years and it some this order. I have the profit of the society has been stranged about three years and it you also try to answer soot, as we have only two weeks more to prepare? Hot Dish Mark

Madam—How can the spot that
a the table from resting hot dishes
removed?

Marsh T. C.
mg these heat stains with a few
f sweet oil and then polishing
little turpentine will doctor them
t as well as anything. Why not
put a mat between the hot dish
table? If this is looked upon as
the setting of the table it will
a forgotten and will save many
ad-up table. Without going into any special exa specialty dance or give a recitation about the middle of the evening and as the guests are seated watching them have four or six girls dressed as Red

Tar on Carpet

money raised is to be given for war work. If not, let the collectors dress as gypnies, as the Red Cross costume ought only to be used in connection with that society. Clothes for High School Girl

Sand Cookies

ser of Women's Page:

an fer send cookies. (Mrs.) K.

a cupful of butter with two
in fer send cookies. (Mrs.) K.

a cupful of butter with two
in the send cookies and white
in the send cookies and white
in the send cookies are considered as the serge dress for school and one trimmed a serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and one trimmed as the serge dress for school and a nicer hat for serge dress for school and one trimmed as the se pairs of sloves, a tam ar sports hat for Songs and Patriotic Lecture Replace everyday one for Sunday; a top coat, a sweater, furs or a scarf. You should also have goloshes for bad weather and a stout dark muslin petiticoat. In case you ever go to a party you would want some sort of girlish evening dress.

Your other questions will be answered through the week. They would take up too much space in one letter, as others must be answered, too, you see.

You should not require a very large

rardrobe. Three or four sets of under-

OF WIVES NEAR CAMPS HOW AMERICAN WOMEN CAN HELP BEST TO WIN THE WAR



WOMAN MUST DO MAN'S HEAVY WORK AS HER WARTIME DUTY

me book are undoubtedly was a little less hard than what the Not the Placid Task of Knitting, but the Grim Labor of Driving Farm Tractors Must Be Done Now, Says Chicago Woman

WASHINGTON, Feb. 1.

It winderstood that the editor does not vecessarily inderse the sentiment face to face with the great opportunity is theirs to grasp if they will and in the defing we will work—just tell them what to do. They must do not so much what they must do not so much what they must do what the men have been doing to a great extent.

Woman's Association of Commerce of the United States are face with the great opportunity is theirs to grasp if they will and in the defing we will work—just tell them what to do. They must do not so much what they must do not so much what they must do what the men have been doing to a great extent.

Woman's Association of Commerce of the United States of America. Mrs.

So said Florence King, woman lawyer, of Chicago, who is president of the Woman's Association of Commerce of the United States of America. Mrs.

Women are knitting. All very well, the house of a friend, is it in good taste to ach some little token in appreciation for the United States of America.

Wish the war."

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Wish the war."

Women are knitting. All very well, the house of a friend, is it in good taste to ach some little token in appreciation for the United States of America.

Wash is one of the meat becoming a first work is being great work is to be done there.

"Another great work is to be done there.

"Another great work is to be done there.

"Another great work is to be clare with the winte members from New York to Wyoming and from Minnesota to Florida upon in her return to Chicago.

The wheels at home turning. In England they said it couldn't be done. But has been done and must be done here. I have no patience with the able-bodied "We must wake up." continued Mrs. woman who knits. That should be left

Is costumes committed to the continue to the brought home to us from the costumes committed to the continue to

than to drive an auto through the Loop in Chicago, but I see thousands of them doing it. These women must begin driving tractors in war gardens sooner or later. I have just had a conference with Charles L throp Pack, of the National War Garden Commission, and in co-operation with him will campaign and the country. The head-ness women of the country. The head-ness women of the country. The head-ness women of the country. co-operation with him will campaign ness women of the cot with the members of the Commerce As- quarters is in Chicago.

Day-Do Not For-

get It!

DLAN your meals for tomorrow

Tomorrow's War Menu RREAKFAST

Stewed Prunes

Fish Cakes

LUNCHEON (Meatless)

Cocoa

DINNER

Asserole of Beet Mashed Potatoes Colesian Corn Muffins Cornstarch

RAISIN DRIFT

2 eggs.
35 cup milk.
34 teaspoon salt.
34 lemon (julce and rind).
1 tablespoonful cern syrup.
15 cup raisins.
To the mashed potatoes add eggs.
milk, lemon julce, grated peel and corn
syrup. Put all the ingredients together
and bake in a greased dish for threemarters of an hour or longer.

CHANNISTRATION.

quarters of an hour or longer.
U. S. FOOD ADMINISTRATION.

Annual Ball Philadelphia division of the An-

cient Order of Hibernians temporarily abandoned their annual ball, which has

cient Order of Hibernians temporarily abandoned their annual ball, which has had a continuous record for more than half a century and last night in the Academy of Music enjoyed as a substitute, a concert and patriotic lecture. The change from a dancing event of great popularity in Irish circles of this city to a musical and patriotic entertainment was decided upon in view of the fact that so many of the members of the society are serving with the colors in the army or navy.

The beneficiary of the entertainment was the A. O. H. war fund, which will be largely swelled as a result of the concert and lecture.

Mingled with the patriotic airs furnished by Flood's Orchestra and by a noted singer were many old Irish ballads and songs, which were sung in a way that made the hearers forget their disappointment at the climination of the famous old ball. The singer was Madame Marie Narelle, the Trish-Australian coprano. Known as "Australia's Queen of Song." Her daughter, Rita Marelle, also sang ballads. Plano solos were furnished by Kathleen Narelle.

small mashed potatoes. I tablespoonfuls cooking oil.

Raisin Drift &

Pickled Pears

included in them. Remember this is

as well as man's!

Biscults

2 eggs. ½ cup milk.

so that no pork products are

in the trenches one night last week with Tomorrow Is Porkless | For the Winter Evenings Private Peat, of the First Canadian Con-

busy about these evenings." remarked Mrs. Jones to her husband. "I often see them gathered about that table at night, and even the children seem absorbed in whatever they are doing." Her husband followed her gaze to th little brown house close by, where a ma his wife and three children were gathered about a cheery, lamp-lighted table seemingly absorbed with some books and paper and pencil.

to the parents of American fighters who And, indeed, they were absorbed from father down to ten-year-old Fred, for they were planning the little war garden they were going to plant next spring in the tiny strip of land in their back yeard. are about to go, or may go, to the firing

It is lots of fun for any one to plan such a wer-garden, and the time to plan the one you will be wanting to plant next spring is during these long winter

venings.

The best way to do it is to draw a

map out on paper to scale, indicating and the limbs become numb and cold, or the spaces to be devoted to early planted "go to sleep," to use the common excrops and those of later. Mark in these pression. crops and those of later. Mark in these spaces the planting dates of each variety of seed. These dates may be obtained from nearly any book on gardening. crops and those of later. Mark in these spaces the planting dates of each variety of seed. These dates may be obtained from nearly any book on gardening.

Of course, you will want to supply your table with your own vegetables during the summer months. If you have land enough, however, do not be content with this. Grow enough to can and dry so that your garden will supply your table not only during the summer, but throughout the winter as well.

The choice of the vegetables you will want to grow is governed, of course, by round-shouldered person: "Put your round-shoulder your table with your own vegetables dur-

ing the summer months. If you have land enough, however, do not be content with this. Grow enough to can and dry so that your garden will supply your table not only during the summer. want to grow is governed, of course, by the individual tastes of your family. In general the aim of the gardener should

TO KEEP WELL

SIT STRAIGHT

By J. H. KELLOGG, M. D., LL. D. ancholia and all other kinds of menta depression, blame nobody but yourself. Sit up straight, give your body a chance to give you service and see the "glooms"

When you sit erect the chest is elevated, the abdominal muscles are drawn
in, the internal organs are held up in
their proper positions and the movement
of blood through these organs is active
and their functions normally performed.
The correction of an improper position
in sitting and the cultivation of an
erect attitude, with full, deep breathing,
will be found in itself sufficient to cure
many a backache, sideache, headache
and a considerable part of the indigestion, heaviness and the accompanying

tion, heaviness and the accompanying distresses from which multitudes suffer and for the relief of which quantities of poisonous drugs are swallowed in rain.

For correct sitting, the chair should be of the proper height so that the feet may be squarely placed upon the floor, and supported without undue pressure upon the under side of the leg. When the lower extremitles hang over the edge of the chair the blood circulation is interfered with, the nerves are pressed upon

round-shouldered person: "Put your shoulders back!"

general the aim of the gardener should be to raise the vegetables in which freshbe to raise the vegetables in which freshness is an important quality. Pens.
string beans, lima beans, asparagus and
sweet corn, for example, lose much if
they are not cooked immediately after
they are not cooked immediately after
Tyes, there is no habit that is worse

-Philadelphia Ledger

2000 Philadelphians spent a few hours

tingent, at the Academy of Music. Pri-

vate Peat's lecture, as well as his book,

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QUESTIONS AND ANSWERS Migraine Headache

What kind of headache is a "migrafue" CLERK. IF TOU sit humped over your desk,
Just as though you did not have a
perfectly good spine to held you up
erect, and then have the blues and meterect, and then have the blues and metor constipation.

Air Swallowing

Is the swallowing of air a common com-plaint? MRS. THOMAS. The habit of swallowing air was forto give you service and see the "glooms" disappear as if by magic.

For when you sit with the chest flattened and the shoulders rounded the muscles of your trunk are relaxed. The breastbone, or sternum, and the ribs are depressed in front, with the result that there is a pushing downward of the stomach, liver and other abdominal organs.

The abdominal muscles are relaxed gos that they give no support to the vinceral organs, and the certain consequence is congestion. Sooner or later serious disease of the liver, stomach, bowels and other abdominal organs is certain to appear.

When you sit erect the chest is elevated, the abdominal muscles are relaxed grant for the stomach when the real fact is that he is filling his stomach up with air by swallowing it. At irtervals the accumulated air will be beloned out of the stomach and then the swallowing will begin again. The best means of the stomach and then the swallowing in their proper positions and the movement of blood through these organs is active and their functions normally performed.

Cause of Hardening of Arteries What causes hardening of the arteries persons who never used tobacco, alcoholdrinks or much meet? ELDER S

drinks or much meat? ELDER S.

Inactivity of the bowels, tea, coffee and constipation are causes. Constipation doubtless is the most important of all causes. The use of tea and coffee is harmful, as well as the use of tobacco Lead from lead pipes will produce hardening of the arteries. Typhoid fever and other infectious diseases are on causes.

Castor Oil

Is not castor oil the best and most harm-less cathartic? MRS. KULLEY. The frequent or habitual use of castor oil gives rise to colitis and produces ry obstinate constipation. The same true of other medicinal laxatives.

standing and walking like a weeping willow. You cannot be healthy and have your eyes on the ground. You must look up and thus get, not only the benefit of having your organs work unhampered by had postures, but also the psychologic benefit of looking up, not down.

Castor oil is sometimes useful, but not be used habitually without in paraffin in some form and the free of bran or agar-agar are safe and cient means which, when properly ployed, obviate the necessity for the down.

Will Describe Americanization A Will Describe Americanization Air What the Government is doing Americaniza alien employes will be subject of an address to be deliver by H. H. Wheaton, chief of the Division of Immigrant Education in the Department of the Interior at Washington before a meeting of the Master Dyer Association tonight at the Manufeturers' Club. The meeting will be bunder the suspices of the subcommittee on Americanization of the educational committee of the Philadelphic Chamber of Commerce. The work the Chamber of Commerce committee Philadelphia will also be explained the members of the association.



Hear Them Here

Two selections from Chu-Chin-Chow, a new record by The Philadelphia Orchestra and a charming "Aria" by Mabel Garrison—these are a few of the many New Records

G. W. Huver Co. 1031-33 Chestnut

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Alexander McClintock, D. C. M.

NAVAL POWER IN

Victory in Sea Po Charles Clifford Gill 4:

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